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**MICHAEL JACKSON  
FANS CHEER VERDICT  
IN MANSLAUGHTER  
TRIAL** {page 10}

**'MO BROS' ARE  
ON A MISSION  
TO EDUCATE  
WELLNESS** {pages 17-18}



**MAYBE IT'S  
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{pages 8-9}



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**Lights. Up**



► Epcor crew members Daryl Wasileyr, left, and Barry Reichenbaugh spent yesterday untangling Christmas lights and stringing them on Edmonton's nearly 70-foot Christmas tree at Churchill Square.

HEATHER MCINTYRE/METRO

## Tree to glow for Christmas

The tree will have 10,000 lights when the decorating is done. It will light up during the annual Christmas on the Square Holiday Light Up event Nov. 19, put on by the Downtown Business Association.

# Guilty plea in hostage-taking

► Workers' Compensation Board claims it lost \$200,000 in productivity on the day a disgruntled claimant took 9 hostage

Patrick Clayton had packed his rifle, more than 100 rounds of ammunition and an angry journal detailing his battle with the Workers' Compensation Board, when he walked into the agency's main Edmonton branch and took nine people hostage. "Make yourself comfortable because we are going to be here for awhile," Clayton said before unpacking tie straps, twine, a knife and a CD of music he had burned so there wouldn't be any awkward silences.

At times sobbing and sympathetic, and at other moments flinging around his gun and spewing profanity, Clayton slowly released his captives one by one and surrendered peacefully to police 10 hours later on Oct. 21, 2009.

Details of that day were released in court yesterday after Clayton pleaded guilty to three

### Victims feared death

- A grainy surveillance video admitted into evidence shows Clayton took his rifle out of its case and proudly marched through the front doors of the WCB building.
- He pointed his gun at the only security officer in the lobby area.
- Smirking and smoking a cigarette, Clayton herded nine others to an eighth-floor conference room.
- Most of the hostages believed they were going to die.

charges: Hostage-taking, pointing a firearm and possession of a weapon for a dangerous purpose. He originally faced 18 offences but several counts were amalgamated.

Crown prosecutor Lisa Tchir said she's glad the victims will be spared having to relive the


frightening ordeal by testifying at trial and she plans to ask for a "significant" prison term.

Clayton, 40, faces a maximum life sentence for hostage-taking and a maximum 14 years each on the other charges. He is to be sentenced following a four-day hearing next week, when he is expected to testify and get some of the attention he was seeking two years ago.

Court documents show Clayton injured his knee at his concrete job in 2003, then became angry at the doctor who treated him and the WCB worker who "barely gave him enough money to live."

He also admitted to using crack cocaine and abusing prescription drugs and was upset about being estranged from his ex-wife and separated from his young son.


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Northgate Centre (kiosk)  
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South Park Centre  
Southgate Mall (kiosk)  
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## Safety presence to grow at work sites

Safety inspections will increase at work sites, Alberta's Minister of Human Services Dave Hancock said yesterday.

For the past several months, OHS has carried out a pilot program of evening and weekend inspections, which will be stepped up on a regular basis as part of the ongoing program that saw three targeted inspections this year.

Between Sept. 12 and Oct. 11, more than 600 initial and follow-up inspections of 387 employers were conducted, resulting in 394 orders including 83 stop-work orders. **●METRO**

## Wildlife officials speak out against ammo

After euthanizing a golden eagle yesterday, the Wildlife Rehabilitation Society of Edmonton issued a plea, urging hunters to abandon lead-based ammunition. Tests revealed elevated levels of lead, likely caused by a spent cartridge used by hunters, said Debra Jakubec, society director, in a release. Jakubec said an increasing number of animals are suffering from lead poisoning and this was the fifth bird of prey euthanized this year because of it. **●METRO**

# Trustees mull end to standardized tests

- ▶ Motion to be floated on whether to back premier's vow to quash some exams
- ▶ There are better methods of assessing achievement: EPSB board chair



SHELLEY WILLIAMSON  
@METRONEWS.CA

Edmonton's Public Schools' board of trustees is bringing to the table today a motion that could see provincial achievement exams (PAE) wiped from Grade 3 classrooms.

The board is expected to debate and vote whether to support Premier Allison Redford's campaign pledge to replace the standardized tests with "more appropriate assessment" of student achievement at its public meeting this afternoon.

EPSB board chair Dave Colburn said if the board votes in favour, the next steps would be convincing other boards to follow suit and communicating these wishes to the premier.

"I think there's probably an appetite among other school boards to at least have a conversation about this," said Colburn.

The public board deferred the vote at its last meeting in favour of requesting a report with arguments for and against the use of provincial achievement tests, especially in elementary schools, and alternatives being considered by Alberta Education.

One key concern, said Colburn, surrounds students with barriers to learning.

"How do you evaluate



▶ Edmonton Public Schools board chair Dave Colburn says the board is considering backing a motion to support the premier's pitch to eliminate provincial achievement tests for Grade 3.

success for students that have learning disabilities or special needs? They're not likely to ever score high on provincial achievement exams," he said.

"What I've heard most often around our board tables is we need to measure growth."



For more local news, visit [metronews.ca/edmonton](http://metronews.ca/edmonton)

### PAE debate

- ▶ Though the EPSB trustees' meeting will allow public comment for registrants by noon today, no one had put in a request to do so on the PAE issue as of yesterday.
- ▶ Among test downsides noted in the report were student anxiety and stress, "only assessing a portion of the curriculum," and groups

like the Fraser Institute using results to "rank schools without considering the larger context of the teaching and learning."

- ▶ Arguments for keeping PAEs were acting as "a public system check for Alberta Education and for Edmonton Public Schools," and being a "valid measure against the Alberta Programs of Study."

# 1

  
news


A special election in Oregon is the first in the U.S. to include iPad-enabled voting. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

As Greece shows signs that its darkest debt days may soon pass, the focal point of investors' fears shifts to Italy. Allan Small has more at [metronews.ca/investing](http://metronews.ca/investing)



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► Anthony Anderson, 4, has fun with stamps on the Early Learning Mobile Unit with Edmonton Catholic School District occupational therapist Lynette Dubchak at yesterday's launch.

## Children get early learning boost

► Language pathologists, occupational therapists, family-school liaisons all part of mobile classroom



HEATHER MCINTYRE  
@METRONEWS.CA

Learning is important right from the start, which is why the Edmonton Catholic School District has put the wheels in motion on a program designed to promote early learning.

The Early Learning Mobile Unit, known as EMU, is a 39-foot cosy classroom that meets families in their communities.

"In 12 years' time, the success of this will be evident in the graduates from Edmonton Catholic

# 2

**The two-hour EMU interactive program includes circle and story time, play centres and physical movement activities.**

schools," said board chair Debbie Engel at yesterday's launch at Dickinsfield Mall.

The district is especially proud of the Genesis Early Learning Centre, but the reality is not every parent can get there to access the support and resources

needed, said Corine Gannon, early learning district principal, adding the EMU is the first of its kind in Western Canada.

A total of 28 sessions will be available weekly between now and Christmas at four locations: Dickinsfield Mall on Mondays, Callingwood Rec Centre on Tuesdays, Cromdale Community League on Wednesdays and Dugan Community League on Thursdays.

All sessions run from 9:30 a.m. to 11:30 a.m. and 12:30 p.m. to 2:30 p.m.

To register, call 780-638-6810.

## Nightclub closed for 14 days after shooting

HEATHER MCINTYRE  
@METRONEWS.CA

Following a shooting early Sunday morning, an Edmonton restaurant-turned-nightclub will be closed for at least 14 days.

Effective yesterday, the City of Edmonton acted upon a recommendation from the Public Safety Compliance Team and suspended the business licence of 180 Degrees Restaurant.

Troy Courtoreille, assistant co-ordinator with the PSCT, said it is possible the establishment could be closed for good.

"At this point, we do have a licence review ready to be submitted ... within that 14 days, and we'll be making the request that the location remain closed during that appeal process," he said.

PSCT co-ordinator Sgt. Nicole Chapdelaine said 180 Degrees Restaurant has been on the radar for



► 180 Degrees, a restaurant-turned-nightclub, has been on the radar for numerous complaints.

### Five injured

► A lone gunman fired a shotgun through the wooden front door of the nightclub around 1:30 a.m. Sunday, injuring five people, said police, who are still investigating.

► Sgt Nicole Chapdelaine said new rules in effect Jan. 1 will mean in order to

obtain a licence for such an establishment, certain safety measures will have to be in place, making owners more accountable.

► The PSCT is made up of the Edmonton Police Service, the city's community standards branch, Edmonton Fire Rescue, and the Alberta Gaming and Liquor Commission.

nearly two years, since it became a nightclub, due to concerns about alcohol being brought in, after-hours service, and noise and disruption complaints from the neighbourhood.

The city has emergency powers under the Municipal Government Act to immediately suspend business licences in situations where there is imminent public danger.

## 2nd flight to Houston added

Since Houston is one of Edmonton's top U.S. destinations, with nearly 100,000 passengers flying between here and there last year, Continental Airlines has added a second daily flight from February to June in addition to a year-round non-stop flight.

● METRO

## Warrant for murder suspect

Police are looking for Mohamed Jama Yusef, 23, wanted for failing to appear in an Ottawa court on second-degree murder charges last month.

He was released in June 2009 and ordered to reside with his mother in Edmonton.

● METRO

## Big spike for local home prices

Not only has the average value of housing doubled nationwide in the last decade, the average price of a home in Edmonton increased from \$124,203 in 2000 to \$328,803 in 2010, says a Re/Max report.

The peak price was \$338,636 in 2007.

● METRO



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## Pipeline assessment to be reviewed

The U.S. State Department's inspector general will review how officials handled an environmental assessment of TransCanada's proposed Keystone XL pipeline, possibly delaying a final decision on what's become a political migraine for the Obama administration.

Congressional

lawmakers, all but one a Democrat, had requested the review amid allegations of a pro-pipeline bias at the State Department as it considers whether to approve the \$7-billion pipeline.

"The primary objective of the review is to determine to what extent the department and all other parties involved complied with federal laws and regulations relating to the Keystone XL permit process," the inspector general's office wrote in a memo to Bill Burns, the State Department's deputy secretary.

THE CANADIAN PRESS

## Checkstop nets drunk drivers

During a Checkstop on the weekend, the Edmonton Police Service nabbed a number of drunk drivers.

The campaign, from Nov. 3 to Nov. 6, resulted in 24 impaired drivers, 30 24-hour suspensions, 59 traffic tickets, one warrant and one suspended driver.

EPS would like to remind citizens to call 911 when it is safe to do so to report a suspected impaired driver. ● METRO

# Occupiers get a little help



► Duane Good Striker helps Occupy Edmonton protesters set up a teepee he's loaned to the movement to help campers weather the winter.

## ► Teepee on loan in effort to prepare protesters for winter



SHELLEY WILLIAMSON  
@METRONEWS.CA

As Occupy camps across Canada faced eviction yesterday, the Edmonton contingent hunkered down for some long winter nights.

Blackfoot Nation members helped erect a teepee to "winterize" the Jasper Avenue camp.

Duane Good Striker said the structure was his contribution to the movement.

"This teepee is a perfect example of sustainability. We lived in them for thousands of years," said Good Striker. "As long as they want it, they can keep it here."

The cause resonated with him because the pro-

testers' message crosses culture, age and gender, he said.

Occupy Edmonton spokesperson Rob Butz said readying for the cold is a step toward ensuring a safe place to focus on the group's message.

Butz said a close watch is kept on the Melcor-owned land to ensure safety and adequate warmth for all, including some of the city's homeless who frequent it.

"I think it's very telling that we still don't have housing for everyone. ... Our wealth is being transferred upward to pay for things like the arena," said Butz.



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► Social networks are knocking down barriers between work and private life ► For employers and employees, navigating the new territory means finding a balance between tweet surrender and a closed Facebook



**SEAN MCKIBBIN**  
@METRONEWS.CA  
METRO CANADA IN OTTAWA

Checking your Facebook or Twitter feed from the office?

Maybe you're not allowed to, but experts say it's increasingly difficult for employers to enforce policies that disconnect workers from social networks.

"There's a lot of fear. Some companies are staying away from it, some companies are embracing it and there's a whole lot of rogue stuff going on," said Robert Collins, a consultant and former chief information officer for Cognos, a firm purchased by IBM that produces software that tracks employee performance.

Collins said while some managers worry about productivity loss, there's no evidence to show social media or Internet use has any impact on productivity overall.

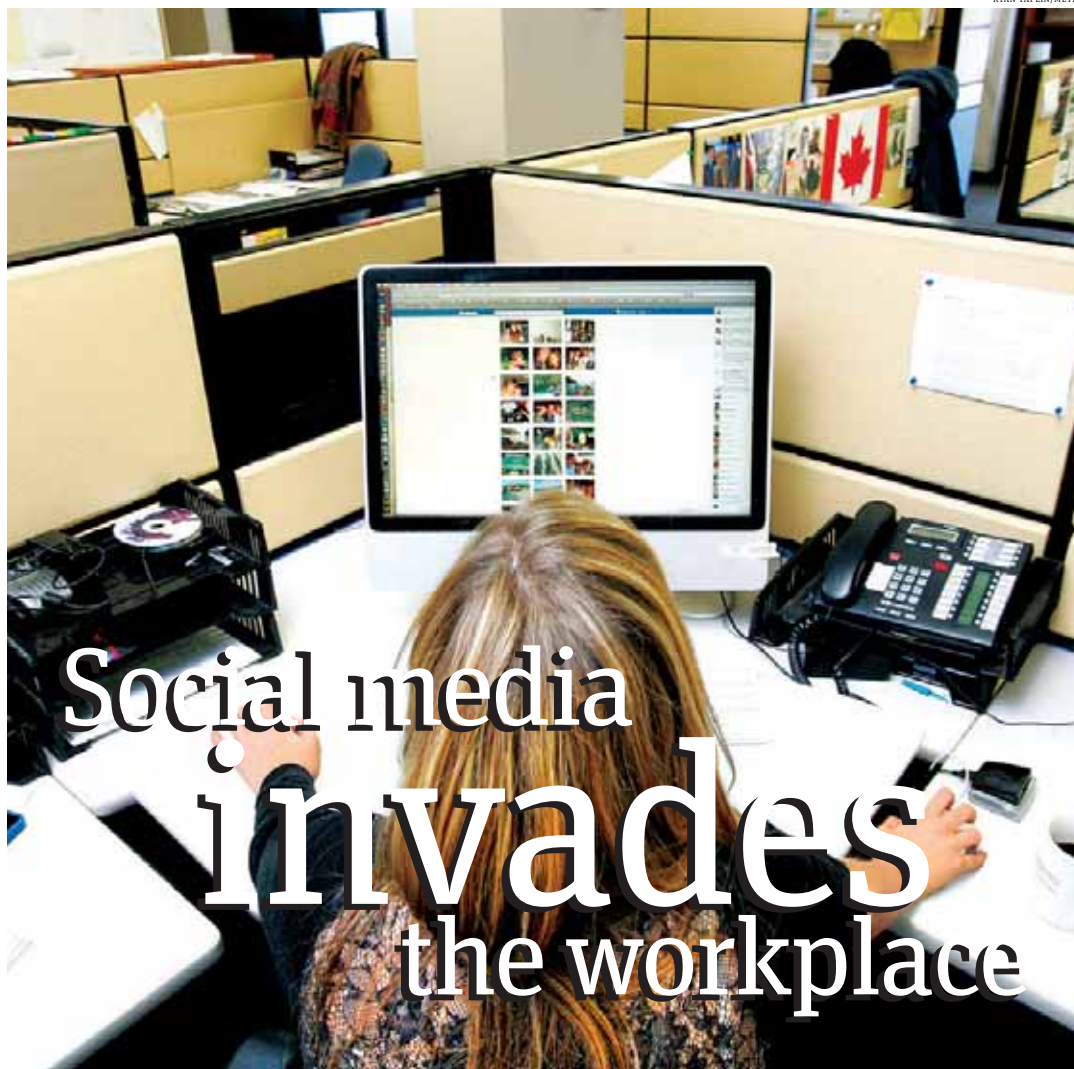
"Before this technology people found other ways to waste time, chatting to co-workers or on the phone," he said. "There will always be problems with individuals. Those problems have to be addressed individually."

With mobile devices, it's no longer possible or even desirable to simply close off access, said Collins. For some workers, particularly those in communications, there's even a potential productivity gain, he said.

Employers need to face up to reality — social media is here to stay, he said.

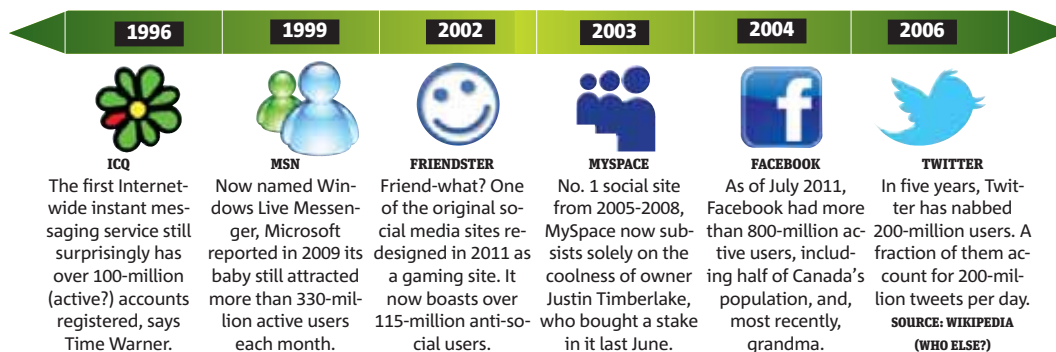
"If your organization is not there on Facebook, not there putting out tweets, putting out a blog, somebody is going to fill the vacuum and they're not going to be doing it in the interest of your company," he said. Having a strong social media presence can counteract rogue or critical tweets, he said.

Employers also need to tell employees what is and isn't acceptable on social media. Some employers see personal social media use by employees as reflecting on them and some even ask employees to use their personal accounts for business purposes.



# Social media invades the workplace

## A look at some of (very recent) history's most popular social media tools



"There isn't any law on any of this. It's all in the realm of corporate policies," said University of Ottawa law professor Michael Geist.

Collins and other experts say firms reap huge payoffs in extra time

worked due to employees using mobile devices and laptops at home.

Linda Duxbury, professor and expert on organizational health at Carleton University, said that, in her research, the intrusion into home life isn't balanced

by employees using social media or running errands online at work.

"It's all one way. The expectation is that you do work at home," said Duxbury, adding people always had this pressure, but technology makes it easier.

Collins and Duxbury both said employees need to set rules about when they will and won't be connected.

"It's better to have that conversation with your boss when it isn't a problem," said Collins.

**"I might tend to a private email or a private post while I'm at work, or I may be doing a work post while I'm at home. This very rigid distinction we used to have between work and play is no longer there."**

**MARK PERRY, ASSOCIATE COMPUTER SCIENCE PROFESSOR AT THE UNIVERSITY OF WESTERN ONTARIO IN LONDON, ONT.**

## Would you show it to your gran?

Wow. That was some party.

Great pics, too. So what did grandma think of them?

Before you post anything too personal to Facebook or Twitter, heed an expert's advice.

"It's best not to post anything that your grandmother wouldn't like," said Mark Perry, associate computer science professor at the University of Western Ontario in London, Ont. "Because it will come back to bite you at some point."

Perry said you should not only be wary of what you post, but how you post it.

"They should pay close attention to their privacy settings," Perry said when asked what employees should guard against to avoid getting in trouble at work.

And heads up: Watch those emails. If you're sending one titled "jerk boss," you might try "jerk beef" instead.

"There is software nowadays that can monitor email, so that it can search key words," Perry said. "It will select that out of the ingoing and outgoing email to employees." ● **JIM REYNO**



# Quickest way to be de-friended? Post an ad, says expert

Want to be de-friended on Facebook?

Want to go from followed to unfollowed on Twitter?

No? Then stop regularly self-promoting your job or business from your social media account.

"It's about relationships first and sales second," warns Halifax-based social media expert Kathy Colaiacovo.

She should know. It's her business to do so.

Colaiacovo runs Time

On Task Virtual Assistant, where she sets up and manages social media marketing for small businesses and entrepreneurs across Canada and the United States.

"I wouldn't have had this business five years ago," said Colaiacovo, whose client list has grown to several dozen.

"Almost every one of my clients has found me online," she said. "So without Facebook, Twitter and LinkedIn ... I cer-

tainly wouldn't be in a position I would be in right now."

Colaiacovo has a few tips for those attempting to harness the power of social media for work, which more companies are doing and they now expect their employees to do the same.

"You don't want to have them inundated with (updates)," Colaiacovo advised for those who using personal social media sites for work. "In par-

ticular on Facebook, you can use lists so that you can ensure that certain groups don't see certain updates."

And don't make it all about you, she warns.

If you do find you're losing friends, Colaiacovo said it could be you're doing too much business networking.

"It comes back to what kind of content they're using and how much they're putting out," she said. ● HEATHER GILLIS

## Dos and don'ts

Some of Kathy Colaiacovo's dos and don'ts for using social media at work.

- ▶ **Do fill out your bio information.** That's where people will make snap decisions on whether to follow you.
- ▶ **Do pick a user name reflecting your purpose, company, brand or who you are.**
- ▶ **Do post using the 50/30/20 rule.** 50 per cent business-related information, 30 per cent personal (things you would say at a networking event) 20 per cent sales.
- ▶ **Don't follow more people than follow you.** You'll look like a spammer.
- ▶ **Don't join too many groups of pages.** You won't be able to network effectively.
- ▶ **Don't post the same kind of update multiple times.** Post useful information others will see has value.

# Putting your best Facebook forward

Should work be all about face time with the boss, or is the occasional Facebook chat with a friend OK? We polled 413 Metropolitan Panellists from across Canada on their views on social media in the workplace.

Do you use social media for personal reasons at work?

- 14% Yes, I provide regular updates throughout the day
- 41% Sometimes, but only on my breaks
- 45% No, work time is for working



Are you Facebook friends with your boss?

- 17% Yes
- 83% No

- ▶ @EastCoastKnits: No way. Facebook is for private life. Work is work.
- ▶ @885styles: If I am Facebook friends with my boss I make sure to keep them on a limited profile. My personal life isn't their business.
- ▶ @katbow: It's okay to friend the boss on FB. That way, there's no surprises when you get sloppy at the company Christmas party.
- ▶ @Altillopinionated!: I was and the removal resulted in backlash that I will be forever haunted by.

The pictures on your profile are:

- 95% Tame and wouldn't embarrass my employer
- 5% Uncensored party shots I wouldn't want my boss to see



Think those party shots can't get you into trouble? The Internet is rife with stories of people getting canned after boozy photos showed up online.

- ▶ **No cheers here.** In 2008, a New England Patriots cheerleader was given the boot after Halloween party photos surfaced on Facebook showing her holding a Sharpie next to a passed-out man covered in offensive graffiti.
- ▶ **How tame is tame enough?** Just last month a court ruled against reinstating a Georgia teacher who lost her job after a complaint about photos on her Facebook page was sent to her school. The vacation photos included shots of her drinking at pubs and cafés around Europe.

When should online posts be grounds for dismissal?\*

- 48% When they're work-related and negative
- 37% When associating with you is embarrassing for the company
- 69% When they break a pre-existing company policy
- 16% Never, my online life is my business

**Tweet talk.** Back in April, Glee extra Nicole Crowther was fired for tweeting a rumoured spoiler, prompting show producer Blad Falchuk to tweet: "hope you're qualified to do something besides work in entertainment."

Have you been reprimanded for using a social network at work?

- 1% Yes, big time
- 46% No, it's not an issue where I work
- 8% Somewhat, but nothing harsh
- 45% I don't use social media at work

▶ @DefiantHeather: I have multi-screen-itis and have been called on it. I prefer to be judged on production, not perception! #multislacker

28%

Number of respondents who said they had to be "sneaky" when using social media at work.

## Reader tips

We asked: If you must, what are your tips for sneaking onto social media at work?

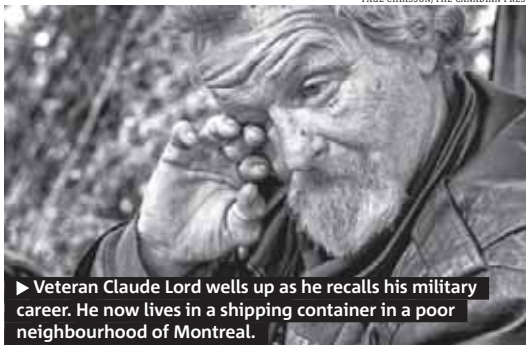


- ▶ @ChrisDca: Certain web browser plug-ins can make it possible to update your Facebook status and tweet from the address bar. Sneaky.
- ▶ @Brittanymaria: Check Facebook on your phone when you use the bathroom.
- ▶ @Gramiq: take responsibility for running your company's social media accounts. Suddenly you're paid for it!
- ▶ @tamara1479: my tip for social media is not to sneak at all. Tell the boss studies show it increases productivity!



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\*PANELLISTS COULD CHOOSE MORE THAN ONE ANSWER



► Veteran Claude Lord wells up as he recalls his military career. He now lives in a shipping container in a poor neighbourhood of Montreal.

# Homeless vets in the fight of their lives

► Civilian life can pose a host of problems for vets as they battle addiction, despair ► Number of homeless vets projected to rise as soldiers returning home from Afghanistan struggle to adjust

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40%

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As Canadians look forward to Remembrance Day to honour those who fought for their country, a growing army of homeless veterans are trying to get their lives back on track.

Many of them once wore the smart, crisply pressed uniforms of Canada's Forces. Now they're struggling with alcoholism or drug addiction. They often lack basic life skills and don't know where to turn for help. And their numbers are expected to grow as troops return from Afghanistan.

Research shows that a typical homeless veteran in Canada is 55 years old and left the Armed Forces 27 years ago after six or seven years of service. Most are single or divorced and better educated than other people living on the street.

The drinking often started during the soldiers' tour of duty, says researcher Su-

san Ray of the University of Western Ontario, who interviewed 54 homeless vets for her study.

But homeless veterans are taking steps to get off the street. Across the country, small organizations of former soldiers are seeking out their homeless peers and matching them with shelter, social services and government programs.

"We call ourselves 'ground support,'" said Jim Lowther, founder of the Veterans Emergency Transition Services network in Halifax. "We stick with them until they get back on their feet. It's been really successful."

Ray wants Ottawa to extend transition services for vets into years, instead of the current six months. The services would be aimed at teaching life skills, improving mental health and providing more outreach workers to veterans.

THE CANADIAN PRESS

## Doctor convicted in Jackson's death

Michael Jackson's doctor was convicted yesterday of involuntary manslaughter in the pop star's death for supplying an insomnia-plagued Jackson with a powerful operating-room anesthetic to help him sleep as he rehearsed for his big comeback.

Dr. Conrad Murray sat stone-faced, his chin held high, as he heard the verdict that could send him to prison for up to four years and cost him his licence to practise medicine. He was handcuffed and immediately led off to jail without bail to await sentencing Nov. 29.

The verdict marked the latest chapter in one of pop culture's most shocking tragedies. The 2009 drug-overdose death of the King of Pop at age 50 came as he was about to mount a se-



► Dr. Conrad Murray

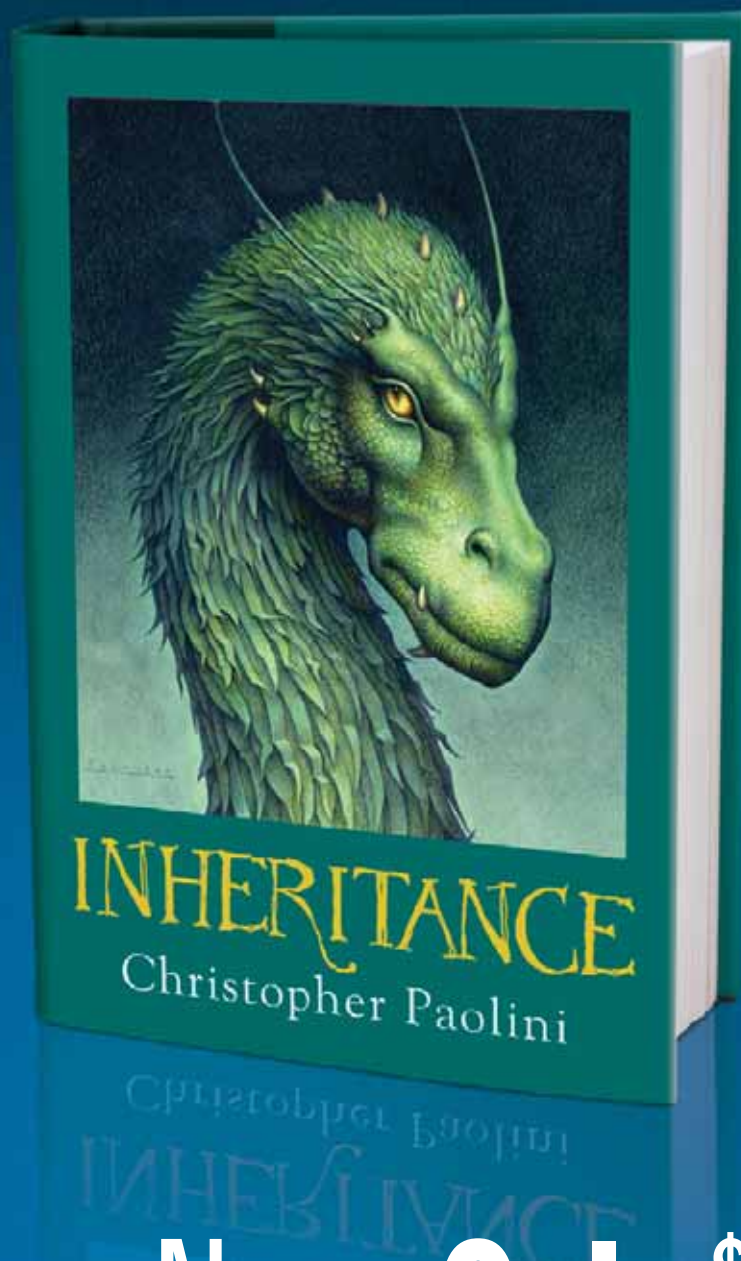
ries of heavily promoted concerts in London, which he hoped would turn his career around after a slide prompted by child-molestation allegations and years of bizarre behaviour.

A shriek broke the silence in the packed courtroom when the jury's decision was read, and the crowd outside the courthouse erupted in cheers.

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# Arbitrator's ruling a blow for airline union

► New four-year deal expires March 2015 ► More than 65 per cent rejected deal but only 73 per cent voted

The union representing Air Canada's flight attendants slammed an arbitrator's decision yesterday that imposes a tentative agreement negotiated by its leadership but rejected by employees last month.

Canada Industrial Relations Board arbitrator and chairwoman Elizabeth MacPherson endorsed Air Canada's position that the provisions be imposed without alteration.

"I'm disappointed and frustrated," CUPE national president Paul Moist said.

Moist suggested that the government's constant interference in collective bargaining tipped the scales in favour of the company.

However MacPherson noted the union won im-

provements in the second tentative agreement, unanimously recommended by its bargaining committee.

Air Canada said it was pleased with the decision to implement terms of the deal reached in September.

MacPherson said her decision resembled what would have been achieved had the case not been referred to an arbitrator and instead had run its course through collective bargaining — including the right to a strike or lockout. A strike was averted when federal Labour Minister Lisa Raitt referred the dispute to the quasi-judicial board.

The Canadian Union of Public Employees had wanted the arbitrator to improve upon the second ten-

## Market moment

TSX



+ 53.73  
(12,461.98)

Dollar



+ 0.39¢  
(98.75¢ US)

Oil



+ \$1.26 US  
(\$95.52 US)

Natural gas

\$3.69¢ US  
(- 8.7¢)

Gold

\$1,791.10 US  
(+ \$35.00)

tative agreement by adding four provisions, including further increasing wages.

THE CANADIAN PRESS

## Take. Off



► In this Sept. 27 file photo, the first Boeing Co. 787 plane delivered to a commercial customer takes off for Japan, in Everett, Wash. The plane will be operated by Japan's All Nippon Airways.

TED S. WARREN/THE ASSOCIATED PRESS FILE

## New Boeing lands with a glitch

Boeing's new 787 plane, which just started carrying paying passengers, ran into its first technical glitch when the landing gear failed to deploy on Sunday. The pilots used "an alternate procedure that worked," according to a Boeing spokeswoman. The plane landed safely and there were no reported injuries.

## News in brief

### Europe wary as Greece divides power

**BALLOUT.** Rival Greek political parties tried yesterday to hammer out a historic power-sharing deal to secure a \$179-billion US rescue package, but markets remained wary and European leaders kept up pressure by holding back a vital bailout loan.

Socialist Prime Minister George Papandreou — who is expected to resign — and conservative leader Antonis Samaras held negotiations, hours after reaching the landmark agreement to form a coalition for the next 15 weeks. The new administration's main job will be passing the new bailout package — agreed to by international creditors on Oct. 27.

But as of last night no power-sharing deal had been announced, and it wasn't clear if talks with top Greek officials were still under way.

THE ASSOCIATED PRESS

### No pics for U.S. cig packs

**LAWSUIT.** A judge blocked a U.S. government requirement that would have forced tobacco companies to put images on packages. He ruled it is likely a lawsuit will succeed in blocking the requirement. He found the FDA-approved graphic images go beyond conveying the facts and health risks of smoking.

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# MAKING THE MOST OF HIS MOUSTACHE

## SHE SAYS ...

JESSICA NAPIER  
METRO



Remember when November was just that boring month sandwiched between pumpkin-spice-latte season and the holidays? With no long-weekends in the mix, the 30 unspecial days following Halloween would just drag by without any consequence.

Now, this once-dreary month has been taken over by an army of moustached do-gooders. November has been rebranded as Movember — or, as I like to call it, Ironic Facial Hair Appreciation Month.

While fundraising efforts to battle prostate cancer are commendable, fellas with newly acquired 'staches need to realize that these charitable whiskers can be a little uncomfortable for your partner.

If you find yourself getting close to a Mo Bro during this hair-raising month, here are a few things to keep in mind.

In the early stages of moustache growth, your man will probably be working with some pretty weak pre-pubescent hairs. Depending on his growing capabilities, this unsightly stubble may stick around for the entire month. Try to look past the tragic teen 'stache and remember the noble cause behind his creepiness. Is wispy upper-lip hair a turn on? Absolutely not. But there's something pretty sexy about a man who's willing to donate his face to a worthy cause.

If you're used to being with a clean-shaven guy, it's going to take a while to get on board with kissing a moustachioed man. It'll feel a bit like making out with a broom at first. Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair.

Depending on his level of creativity, your man may decide to groom his altruistic facial hair into a themed mo. Popular styles include the Captain Hook, the pencil, the horseshoe, the Charlie Chaplin, the toothbrush and, of course, the always creepy handlebar. Some thematic moustaches will make you laugh, but most will make you cringe with horror. Resist the urge to look away. Instead, be supportive and walk proudly down the street with your Hulk Hogan look-alike.

Once his 'stache is fully formed, your man is going to be deluded into thinking that he is the new Magnum P.I. In reality, he'll probably look more like a C-list porn star. To be fair, there are very few men who can pull off a mustache. If you think he might start considering a year-round moustache, quickly insist that Tom Selleck's ladies'-man status is most definitely the exception, not the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at  
metropolitanpanel.ca  
and take the quick poll

Would you ever consider laser surgery to change your eye colour?

MAYBE, IF IT WAS  
DEEMED SAFE

10%

70%

NO, MY  
EYES ARE  
BEAUTIFUL  
AS IS

YES, I WANT TO  
HAVE/CHANGE MY  
BABY BLUES

20%

## Worth Mentioning

It turns out that catching cancer early is not always as important as has been thought.

Some tumours are too slow-growing to ever threaten your life. Some are so aggressive that finding them early does not make much difference. And today's treatments are much better for those somewhere in the middle.

Those complexities are changing the longtime mantra that cancer screening will save your life. In reality, it depends on the type of cancer, the test and who gets checked when.

"We can find cancer early. We can reduce the burden of the disease. But along the way, we're learning our tests are not as perfect as we'd like," says the American Cancer Society's Dr. Len Lichtenfeld. "We're learning that we're now finding cancer that would in fact never cause harm."

Now cancer specialists are struggling to find a new balance: To quit over-promising the power of early detection and to help people understand the tests themselves have risks — while not scaring away those in need of scanning.

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## Local tweets



@JlynNye: Just wrapped up Remembrance

day planning ceremony w 2 of my fav soldiers. #Butterdome #yeg

@CWilliamBelton: It's a beautiful night in #yeg. Go outside and breathe in the crisp air, you BDBs.

@erinstockwell: Just booked my #CFR tickets for this weekend! Now, for accommodations. Can't wait! #YEG

@RussianUndies: Why are there so many vomit stains on the sidewalk in YEG? #yeg #yegvomitcity

@schriftmeister: The couple sitting behind me have started the mating ritual. I need a british narrator and a cameraman, stat! #yeg #yegtransit

@Karissa\_Nicole: For those #yeg Mommas that need a winter jacket for a kidlet, \$20 to \$35 at Old Navy right now!

@Jerdff: I love flying. Tonight: #YEG to #YWG. Next time I fly I'm going home.

@mbrechtel: While on a good day, my stew may be the best in #yeg, tonight's is a bit of a disappointment... the biscuits are making up for it, though.



## photo of the day



► This photo titled Monster City was submitted to the Alienation category by Carlos Silva from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at [metrophotochallenge.com](http://metrophotochallenge.com). The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

## WEIRD NEWS

### Doing a good deed saves one man's life

A Canadian man who helped another motorist change a tire in western Wisconsin had his good deed repaid when that motorist saved his life just minutes later.

Victor Giesbrecht, of Winnipeg, was driving near Menomonie on Saturday evening when he stopped to assist with a tire change. The Wisconsin State Patrol says the 61-year-old then drove away and

suffered a heart attack a few kilometres later.

Giesbrecht's wife stopped the pickup truck and waved her arms, and the motorist whom they had helped just a moment earlier stopped and performed cardiopulmonary resuscitation.

Patrol Sgt. Michael Newton told the Star Tribune that if Giesbrecht hadn't helped with the tire, his rescuer may have remained stranded too far away to help.

"If he had been a few more miles down the road ... it could have been a different outcome," Newton said. "It's an interesting turn of fate."

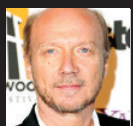
Giesbrecht was hospitalized in serious condition yesterday.

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2  
scene

## Scene in brief



Oscar-winning filmmaker Paul Haggis is joining the Canadian Film Centre to help up-and-coming moviemakers. The CFC announced yesterday that Haggis will serve as chair of the centre's film programs.

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Gaga dress and prop gun and Mick Jagger costume among U.S. rock auction items

# Chef cooks local, abroad

- ▶ Canada's Massimo Capra jets around the world in a new series called Gourmet Escapes
- ▶ Master chef spreads the word about eating natural, local and seasonal products

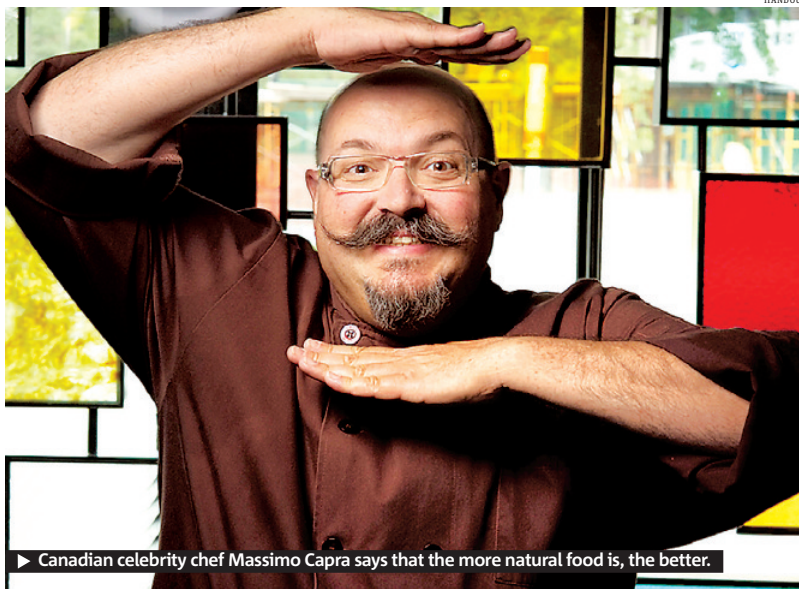
Canadian celebrity chef Massimo Capra cooks local from afar in his new series Gourmet Escapes.

Flying to locations including Holland, Iceland and Switzerland, the mustachioed, jovial Italian native gets his hands dirty as he meets with farmers and chefs to highlight how various cultures benefit from eating natural, local and seasonal products. He also makes mouth-watering meals out of area offerings (golden beet risotto, anyone?).

In the first episode, which debuted Nov. 2 on Travel+Escape, the Toronto-based Capra visits Northern Ireland, donning a beekeeping suit to extract honey from hives and stopping by a farm where free-range pigs are raised.

In Wednesday's installment, he goes to Lunenburg, N.S., where he and a local chef go on a fishing expedition that yields mussels, lobster, scallops and a whopping 150-pound halibut.

"The more natural the better it is, and the old-fashioned ... ways are always the best," Capra said in a recent phone interview.



▶ Canadian celebrity chef Massimo Capra says that the more natural food is, the better.

"That's exactly what I've always been about and that's why my food isn't complicated. I call it 'rustic elegance.'"

"I want (clients) to taste the thing that they order. I don't want them to have this weird experience where peas are not real peas but they're actually, I don't know, pureed dust with powder on top and mixed with some chemical

that turns them into little spheres that look like peas, taste like peas but are not peas at all."

Capra's culinary chops and amiable nature have made him a beloved TV personality. He has a regular spot on Citytv's daytime talk show Cityline and was on the Food Network series Restaurant Makeover.

He also has two restaur-

rants in Toronto — Mistura and Sopra — and is a national column writer and author of two cookbooks.

Capra fell in love with cooking as a child helping out in his mother's kitchen in Cremona, Italy, where he plans to travel later this month to tape an episode for Gourmet Escapes.

He grew up on a farm there until age 14, eating

only what was grown or raised by his family, and never wasting leftovers.

"Every Saturday my mother would go into the chicken coop and pick a victim and pet the chicken a little bit and yank the neck and that's it, you know what I mean? And it's done," said Capra.

"You cook it and you eat it and on Sunday, you have a beautiful meal and then you eat the leftovers for the next three days. And amongst that you try to eat as much vegetables and grains as possible.

"So it wasn't meat every single day or twice or three times a day. It wasn't bacon in the morning, burger at lunch and steak at dinner. It was never like that."

Capra has maintained that sensibility throughout his culinary career, cooking with local, in-season ingredients wherever possible.

"Can you get any better nutrients than local and in-season? I don't think that you can," he said.

"If you train yourself to eat local and in-season, it's the best thing you can do for yourself and for your own environment."

THE CANADIAN PRESS

## Lavigne, Jenner attacked in L.A.

- ▶ Couple tweeted they were bloodied and bruised after altercation

Avril Lavigne and her boyfriend Brody Jenner have tweeted about being attacked and bloodied in Los Angeles.

In a tweet sent out on Sunday evening, Canadian pop-rockstar Lavigne wrote that she "got attacked by five people last night out of nowhere."

She tweeted that she had a black eye, bloody nose, had hair ripped out, and was left scratched, bruised and cut.

Lavigne added that she doesn't believe in fighting and that it's "not OK to be abusive to others."

"Violence is never

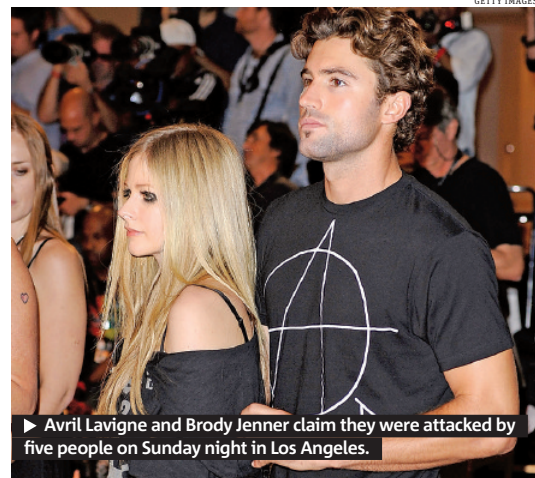
the answer."

Jenner — who has appeared on shows such as The Princes of Malibu and Bromance — had tweeted earlier that he was out with Lavigne and "having the best night with the love of my life ... so happy right now!!"

He later tweeted: "Interesting Saturday night... Just got (out) of the hospital with a new scar on my face."

A spokesman for Lavigne's record label would not provide any further details on the incident.

THE CANADIAN PRESS



▶ Avril Lavigne and Brody Jenner claim they were attacked by five people on Sunday night in Los Angeles.



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## DVD Releases

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### Cave of Forgotten Dreams

**Genre:** Documentary  
**Director:** Werner Herzog  
**Stars:** Werner Herzog, Dominique Baffier, Jean Clottes

In *Cave of Forgotten Dreams*, filmmaker Werner Herzog is moved almost to poetry as he contemplates drawings made 32,000 years ago in the Chauvet Cave in southern France. The acclaimed documentarian extols the 1994 finding of the cave drawings as "one of the greatest discoveries in the history of human culture."

A rockslide in the Ardèche River valley some 25,000 years ago sealed the cave, leaving a natural time capsule that, when finally opened, yielded a cache of charcoal drawings that seemed to have been sketched mere days before.

These ancient artists sketched images of the horses, bears, bison, lions and rhinos that used to



roam France.

"Do they dream?" the awed Herzog asks via voiceover of his Paleolithic subjects. "Do they cry at night? What are their hopes?"

Entry to the cave is strictly limited, but Herzog's renown was sufficient to persuade France's Ministry of Culture to allow him unique access.

The team members make excellent use of

their privileged entry. The overall effect, aided by Ernst Reijseger's score of rising choral harmonies and lush strings, is one of rapture and magic that will leave the viewer dreaming.

Extras include a Q&A with Herzog.

● PETER HOWELL

### Page Eight

**Genre:** Mystery  
**Director:** David Hare



**Stars:** Bill Nighy, Rachel Weisz, Tom Hughes

*Page Eight* is an absorbing British thriller, exploring timely and believable themes that aren't the preserve of most such movies — which may explain why it's going straight to DVD following its TIFF gala debut in September.

Written and directed by David Hare, the pen behind *The Hours* and *The*

Reader, it stars the inimitable Bill Nighy as veteran spy Johnny Worricker, who works for Britain's security service, MI5. Johnny's best friend, Benedict Baron (Michael Gambon), also his boss, is head of MI5's intelligence analysis division, the keeper of explosive secrets.

One such intrigue concerns a mysterious file containing information about U.K. involvement in

torture prisons, which the government officially disavows all knowledge of. The file is so inflammatory that it threatens the very existence of the MI5, not to mention the job of the Prime Minister (Ralph Fiennes).

Meanwhile, Johnny has a seemingly chance encounter with his striking neighbour, Nancy Pierpan (Rachel Weisz), who is obsessed with finding out what happened to her brother, who, we are told, was killed by Israeli forces in the Occupied Territories.

Truth is the first casualty of *Page Eight*'s tangled webs; Worricker's career (or worse) could be next.

Rounding out the sterling cast of characters are Judy Davis as Johnny's aggressive, scheming MI5 colleague, and Felicity Jones as his daughter, Julianne.

Extras include cast and crew interviews.

● PETER HOWELL

# MIXED UP IMMORTALS

## Anagram

*IMMORTALS* is coming November 11, featuring lots of Greek gods, heroes and villains. Following is a list of the cast members, with the parts they play. There's a catch, though, as we've SCRAMBLED the letters that give their roles. It's up to you to unscramble them to spell the names of the 12 *IMMORTALS* characters. We've given you the first one to get you started... **Luke Evans is SUEZ or ZEUS**

• **Henry Cavill is SEE THUS**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Freida Pinto is HARD APE**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Kellan Lutz is POISONED**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Mickey Rourke is PHONY IRE**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Isabel Lucas is AT A HEN**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Joseph Morgan is SLY ANDRE**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Stephen Dorff is VS ASTRO**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Robert Maillet is MAIN TOUR**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Steve Byers is LEACHERS**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Corey Sevier is LA LOOP**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

• **Stephen McHattie is SNARES CAD**

or ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Solutions: (left — right) THESEUS, PHAEDRA, LYSANDER, STAVROS, MINOTAUR, HYPERION, ATHENA, HERACLES, APOLLO and CASSANDER

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# Is there a bun in the royal oven?



## ► Duchess of Cambridge can't seem to keep her hands off her belly

It seems Kate Middleton can't make a move without sparking pregnancy rumours.

First, while visiting a UNICEF facility in Copenhagen, the Duchess of Cambridge declined to eat peanut paste, a food expectant mothers are usually advised to avoid.

And then her body language later in the visit only prompted further speculation.

"It was very odd," a source tells the Daily Mail.

"Kate would not stop

**"It was very odd. Kate would not stop touching her tummy — it was very noticeable."**

### SOURCE

touching her tummy — it was very noticeable. She continually patted it and held her hands against it.

She must have been doing it without realizing, and at one point she had both her hands cradling her stomach."

● METRO

## BIEBS TO TAKE PATERNITY TEST

ALL PHOTOS GETTY IMAGES

### THE WORD

DOROTHY ROBINSON

SCENE@METRONEWS.CA



Justin Bieber is putting the kibosh on Mariah Yeater's paternity suit

filed in San Diego Superior Court last week. A source confirmed to Access Hollywood that Bieber is going to take a DNA test when he returns from Europe, where he is attending the MTV Europe Music Awards with girlfriend Selena Gomez.

Yeater claims she became pregnant after an encounter in a bathroom with Bieber after a concert last year. The star "went from cute and gushy to just ... more aggressive," says Yeater in an exclusive interview with The Insider about their alleged 30 seconds of unprotected sex, which



claims resulted in the birth of her son.

Bieber has denied the claims, telling the Today show recently that he's "never met the woman."

He's not stopping at proving his innocence, either: Once the test comes back vindicating the Canadian pop star, his team plans to hit Yeater with a hefty lawsuit "to show there are consequences when somebody trumps up phony, hurtful allegations against a celebrity," a source says.

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► Looking into your family history is an important indicator when it comes to identifying your prostate cancer risks.

# The Mo(re) you know the better

► If you see lots of hairy men around the city this month, don't be alarmed ► They're sprouting moustaches to raise awareness and funds for research into prostate cancer ► "Mo Bros" are on a mission to educate



**PAULINE ANDERSON**  
LIFE@METRONEWS.CA

The statistics are disturbing. According to one survey, fewer than half of Canadian men see their doctor on a regular basis. The study also found that almost one in four men haven't had a medical check up in at least five years. All indications are that men wait until their

symptoms are severe before seeking medical attention.

Whereas women are "conditioned" from an early age to see their doctor for an annual PAP test, which gives them an opportunity to review their overall health, guys just don't develop this habit, says Dr. Jonathan Kerr, a family doctor in Belleville, Ont.

"Young healthy guys be-

tween the ages of 15 and 35 years typically don't see the doctor, which breeds unfamiliarity and even discomfort at the idea of seeing a doctor," says Kerr. He adds that young men often don't see a doctor until they're "sick or have broken something."

It could be that men are averse to feeling vulnerable, or to putting themselves in someone else's care, says Dr. Mel Borins, a

Toronto family physician. However, Borins thinks that men's brains are also actually "hard wired" to protect their children and spouse rather than themselves.

Finding the time to see the doctor is another barrier for busy men. But an annual physical exam takes only about 20 minutes, and is an important time to review a man's health history.

## November

To get involved, register at [movember.com](http://movember.com).

► Research Funds raised this month go to research into prostate cancer and to services for men living with this disease and their families, says Rebecca von Goetz, executive vice-president of Prostate Cancer Canada. Her organization is also launching a 1-800 number to offer tools to these men, including information on where to find a support group in their area.

## \$22M

Starting in Australia, the Movember movement is celebrating its fifth year in Canada.

Last year, almost 119,000 Canadian "Mo Bros" and their supporters raised more than \$22 million.

# 3

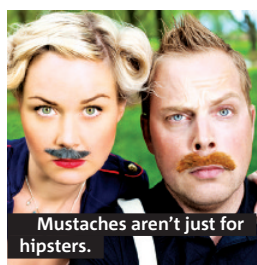
  
life

## Prostate cancer



Prostate cancer is the most common type of cancer among Canadian men (after non-melanoma skin cancer). In 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer, and 4,100 will die of the disease. One in seven men will develop prostate cancer during his lifetime (the risk is highest after age 60) and one in 28 will die of it. Over 90 per cent of prostate cancers are curable if detected and treated early. The five-year survival rate is 96 per cent.

● PAULINE ANDERSON



Mustaches aren't just for hipsters.

## Be sure, be safe, get tested regularly

All men should get a baseline PSA test every five years starting at age 40, and an annual PSA test along with a digital rectal exam (DRE) beginning at age 50, according to Rebecca von Goetz, executive vice-president of Prostate

Cancer Canada.

The tests should begin earlier if there's a family history of prostate cancer (a father, brother or son was diagnosed) or if the man is of African or Caribbean descent, she says.

If cancer cells are confirmed, the next step is to talk to your doctor about whether to get treated or to take a watchful waiting approach, which involves careful monitoring and treating symptoms when they occur.

"It's very much a collaborative discussion between doctors and patients on how they should manage it if there is some indication that there is a prostate cancer," says van Goetz.

PAULINE ANDERSON  
FOR METRO CANADA



Nearly half of students in Grades 7-12 targeted by sexual harassment: U.S. study

# Got 'stache? Get it just right

► Are you a pheromone-oozing stud? Wild man? High-maintenance? What your facial follicles say about you

Whether you're getting in the spirit of Movember, sporting an early playoff beard or looking for a natural face warmer to help get you through the winter, we've got the roadmap to five follicular style statements any grown-up guy can pull off.

Warning to facial-hair-growing hopefuls, you will like need to be past puberty to try these 'stash styling, beard-brandishing, too-cool-for-school five o'clock shadow looks at home.

Otherwise, with Movember in fullswing, it's the season that offers the perfect excuse to unleash your inner Tom Selleck, Colin Farrell or ZZ Top wild side and let it all grow out.

● MIKE DOJC



## Sideburns

**What the look says:** If you're still taking style cues from Union Army General Ambrose Burnside, you may be too reenactment retro, but coifed thinner burns add a slimming dimension to your face.

**Upkeep:** Use your razor to ensure 'burns don't go beyond your desired borders, or have your barber take care of them if you go frequently.



## Full beard

**What the look says:** You are a rugged individualist, proud of your carefully cultivated yet uncompromising masculinity. Either that, or you've decided to cut back on your grooming budget.

**Upkeep:** Periodic trimming here and there to help define its shape, your neckline, and prevent your growth from reaching Z.Z. Top level proportions.



## Goatee

**What the look says:** Whether you're talking a tuft of jaw-line tracing chin grizzle or merely a soul patch beneath your bottom lip, the image is decidedly hipster.

**Upkeep:** The Paris Hilton of facial hair-styles, goatees requires frequent preening sessions to maintain so that they don't get too scraggly unless a devilishly long thicket is what you're going for.



## Shadow

**What the look says:** You ooze pheromones. The perfectly cropped thin blanket of stubble is a siren call that awakens the libidos in scores of women.

**Upkeep:** Pulling off a dark silhouette takes practice, but once you figure out how quickly your facial hair grows, you can perfect the timing between shaves to achieve a cool, happy-hour vibe.



## Moustache

**What the look says:** You're a straight talking, wood whittling steak eater with a firm handshake that gives it 100 per cent because 110 per cent is impossible and only idiots recommend that.

**Upkeep:** Invest in a sharp pair of scissors and a moustache comb to keep your mouth sweater tamed and crumb free.


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# A tasty feast fit for a sultan

► Eatery offers two dining options: express or sit-down ► Depending on your schedule, both options are sure to satisfy east Mediterranean cravings

## LUNCH RUSH

CHRISTOPHER THRALL  
FOOD@METRONEWS.CA



The best eastern Mediterranean cuisine comes in two forms: A quick pita wrap with falafel and drink, or multi-course banquet featuring hookah and tiny cups of industrial-grade coffee.

I could Lunch Rush Sultan Express for the former, but we chose Sultan's

Palace for the latter.

The DJ spun '80s hits and '90s club fare with recent rap as we played cards and powered our way through the chilly cream cheese of garlic labneh (\$5.95), tiny makeek sausages (\$7.95) and a tangy tabbouli salad (\$7.49). Best of the appetizer plates was the hummus covered with tiny cubes of grilled beef (\$8.95).

We shared the delicious, lightly-spiced Shish Kafta (\$14.99) and relaxed over the strawberry shisha-loaded hookah (\$12).

We rolled out three hours later after a divine molten chocolate cake under scoops of vanilla ice cream (\$5.99).

Sultan Express will deliver the excellent food faster for a lunchtime fix, but girlfriends or groups will savour the regal pleasures of the Palace.

### Sultan's Palace/Sultan Express

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Price range: Mid  
Rating: 4 out of 5



► Inexplicable fries accompanied the lightly-spiced, grilled strips of ground beef called Shish Kafta (\$14.99).

## Personal Naan Pizza



Looking to order take-out pizza again tonight?

Try something different like this Tuna Basil Pizza made with naan bread. It's tasty and has less calories than the take-out version.

If naan isn't to your liking, try using Greek pita bread as an alternative.

### Preparation:

1 Place naan on a flat surface and spread pizza sauce over top of bread. Sprinkle with cheese and tuna and top with black olives.

2 Place under preheated broiler for 3 minutes or until naan is crisp. Serve immediately. **EMILY RICHARDS/ CLOVER LEAF/ THE CANADIAN PRESS**

### Ingredients:

- 2 pieces (each 100 g) naan bread (200 g pkg)
- 125 ml (1/2 cup) pizza sauce
- 125 ml (1/2 cup) goat cheese
- 2 cans (each 85 g) flaked light tuna (sun-dried tomato and basil)
- 125 ml (1/2 cup) black olives, sliced

# Leftover Halloween treats get a new role

► Still dealing with your kids' stash from last week? ► Put mini chocolate bars to good use in these cupcakes

## DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



These cupcakes are surprisingly not too sweet. The flavour changes with chocolate bars. Mine had a variety of flavours in each bite because I used Coffee Crisp, Kit Kat and Hershey bars. Depending on the size of the snack bars you can use up to 12.

### Preparation:

1 In bowl, whisk cocoa powder into milk; set aside. In another bowl, whisk flour, baking powder, soda and salt; set aside.

2 In bowl, using electric mixer beat butter and sugar until fluffy. Beat in eggs, one at a time. Beat in flour mix, alternating with cocoa mix with 3 additions of flour and 2 of cocoa until well combined. Stir in chocolate. Divide half of the batter among 15 paper lined muffin tins; set aside.

3 Surprise Filling: In bowl, beat cream cheese, sugar and vanilla until fluffy. Divide mix among muffin tins in centre of each. Top with remaining chocolate batter.

4 Bake in 375 F (190 C) oven 20 mins. or until firm on top. Let cool. completely Sprinkle with icing sugar.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT [EMILYRICHARDSCOOKS.CA/](http://EMILYRICHARDSCOOKS.CA/)

### Ingredients:

- 1/2 cup (125 mL) unsweetened cocoa powder
- 1 cup (250 mL) hot milk
- 2 cups (500 mL) all purpose flour
- 1 tsp (5 mL) baking powder

- der
- 1/2 tsp (2 mL) baking soda
- Pinch salt
- 1/2 cup (125 mL) butter, softened
- 3/4 cup (175 mL) packed brown sugar
- 2 eggs

### Surprise Filling:

- 1 1/2 cups (375 mL) chopped chocolate bars
- 1/2 cup (125 mL) cream cheese, softened
- 2 tbsp (25 mL) granulated sugar
- 1 tsp (5 mL) vanilla

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# EASE THE BURDEN



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## SCHOLARSHIPS, BURSARIES CAN OFFER RELIEF FOR STUDENTS

If you are a high school student considering attending a university or college after graduation but are worried you won't be able to afford the expense of a three- or four-year undergraduate degree, possibly followed by graduate studies, you are not alone.

"Students are facing more financial barriers than ever before, thanks to high tuition fees, more student debt and less government funding than 30 years ago," says Roxanne Dubois, the chairperson of the Canadian Federation of Students.

With annual tuitions averaging \$5,000, plus the cost of books and living expenses, it's no wonder that by the time students earn an undergraduate degree, they could be up to their ears in debt. The good news is there is some relief at hand. "Scholarships, bursaries and grants are sums of money designed to help pay tuition fees that students don't have to pay back," says Dubois. These "gifts" can run anywhere

### GOVERNMENT PROGRAMS

The Canada Student Loans Program and the Canada Student Grants Program help by providing student financial assistance in the form of repayable loans and non-repayable grants to Canadians attending post-secondary education in most provinces and territories. For information about both programs, visit [hrsdc.gc.ca/eng/learning/canada\\_student\\_loan/index.shtml](http://hrsdc.gc.ca/eng/learning/canada_student_loan/index.shtml).

from \$500 to covering full tuition costs.

Students can apply to the Canada Student Grants Program and the Canada Student Loans Program; each province has a similar financial-aid program. "You can apply for both as long as you meet the criteria," says Dubois.

Don't forget to check out the post-secondary institution you are either planning to attend or in which you are already enrolled. The school's website should have information about the annual scholarships, bursaries and grants it offers, or you can call the student financial aid office, students' union office or student services office for information.

If you want to dig deeper, you can make some calls to local public agencies that might offer scholarships to certain special interest groups, such as women, francophones or First Nations peoples.

"While scholarships, bursaries and grants don't usually make much of a dent in the overall debt load unless someone is lucky enough to get one that pays full tuition, they do help ease the financial burden somewhat for those who receive them," says Dubois.

— Jane Doucet



AU student Salma and daughter in Edmonton, AB

## FINDING THE RIGHT BALANCE

Losing her spot on the honour roll is the price Amy Pielaszek has to pay for working 30 hours per week as a drug store supervisor.

"It's stressful at times," says the 20-year-old Mohawk College student. "It's hard to balance everything. If I work the night before I have a test, I'm kind of screwed."

Results on a recent psychology test tumbled to 60 per cent from an earlier score of 92. She had to work the night before her test. "In high school I was on the honour roll, but this year it's debatable," she said.

Pielaszek isn't alone. A survey of professors and librarians at Ontario universities found that paid work during the school year could be hindering students' studies. As tuition fees and cost-of-living expenses continue to rise, students are looking for ways to offset escalating costs.

Post-secondary counsellors say there is a maximum number of hours a student should work to successfully manage a full course load. And many work beyond that.

At Calgary's Bow Valley College, that number is 20 hours. Besides offering counselling, time management and budgeting help, the school also has child-care and emergency bursaries that students can access to help balance their expenses.

Ottawa's Carleton University uses the 60-hour rule. If a student is taking 15 hours of classes per week and studying the recommended bare minimum of two hours for every hour of lecture, that totals 45 hours, leaving 15 hours left for paid work.

Students are often reluctant to reveal the number of hours they actually put in for fear they will be advised to quit their jobs, says Carleton's academic adviser Bryan Tinlin. In reality, the fix is in setting priorities.

"If you need to work to pay tuition, you need to reduce your course load," says Tinlin. "Some are willing to do it and some are not."

— Kelly Putter

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Life-long learning never ends. Whether you want to pick up a course just for interest's sake or earn the degree you've always wanted, Athabasca University's online and distance options are ready when you are. [Learn more at explore.athabascau.ca](http://explore.athabascau.ca).

# MASTER CAD AT DIGITAL SCHOOL

Accelerate your career in Computer Aided Design (CAD) by enrolling at Digital School.

By structuring design courses like real design projects in the industry, Digital School makes sure students receive the right technical design skills employers are looking for.

"This real world experience the instructors bring is invaluable to help the students develop and master their CAD design skills, as well as giving them knowledge about the architectural, engineering, and construction standards in Alberta," says Danny Luong, admissions adviser for Digital School.

Digital School offers a number of CAD courses, including Computer Aided Drafter Certificate, Architectural CAD Diploma, and Engineering CAD Technician Diploma with Process Piping Specialization.

"Digital School is a private career college that offers students a hands-on accelerated training diploma that



JUPITERIMAGES/COMSTOCK/THINKSTOCK

prepares them to work in the high demand field of computer aided design right here in Alberta," says Luong.

Digital School offers students an accelerated one-year diploma program so students are out in the workforce earning money faster.

Classes are full time. For more information about these classes or Digital School, visit [digitalschool.ca](http://digitalschool.ca).

"Remember, behind thousands of tradespeople that are building projects are thousands of CAD designers who must first draw those projects," says Luong.

For those thinking about a career in Computer Aided Design (CAD), Digital School is holding an open house Nov. 24 from 4-8 p.m.

# HONE BUSINESS SKILLS

## SUCCEED WITH NORQUEST COLLEGE

Learn a variety of technical, analytical, interpersonal, and communication skills to help you succeed in the business world by enrolling in the Business Administration Diploma at NorQuest College.

"Our Business Administration Diploma program offers a specialization in accounting, which prepares students with the skills and confidence to hit the ground running in the workplace," says Paul Schmold, chair of Business Studies at NorQuest College.

The program is broken into two majors, accounting and marketing.

Students will learn from a vast range of qualified instructors, including chartered accountants, MBA's and LLBs.

"Our instructors are energetic and accessible and are really invested in the success of our students," says Schmold.

This two-year diploma program can also be transferred into a university degree program and transfer courses towards a professional accounting designation such as a CGA or CMA.

NorQuest offers smaller class sizes and instructional assistants so students

## CERTIFICATES ALSO AVAILABLE

In addition to the Business Administration Diploma, the Business Studies department at NorQuest College offers an Administrative Professional Certificate and a Hospital Unit Clerk Certificate.

The Business Administration Diploma and Administrative Professional Certificate are currently accepting application for January 2012 and September 2012 starts.

The Hospital Unit Clerk Certificate is currently accepting applications for spring 2012 and September 2012 starts.

will receive more individual attention.

At the start of the program, NorQuest offers a weeklong immersion session, which includes workshops on study skills, team building, time management, assignment and exam strategies and a college orientation.

For more information about the Business Administration Diploma or any of the other courses available through the Business Studies department, visit [norquest.ca](http://norquest.ca).

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# EARLY BIRD GETS THE JOB

## INTERSHIPS TAKE TIME AND EFFORT

When Heather MacLean was seeking a 2009 summer internship that was part of her master of publishing program at Vancouver's Simon Fraser University, she took a strategic approach.

First, although the internship would run from May to August, MacLean began considering her options, doing her research and contacting people the previous fall. "I thought, if I want to work in the U.S., is that even possible? What's the paperwork? Can I afford it?"

MacLean wanted a paying internship, since she had completed a non-paying one a few years earlier. By January, she had secured a paying internship with the Department of Canadian Heritage in Ottawa in the Book Publishing Industry Development Program (now the Canadian Book Fund).

MacLean offers the following pointers on snagging an internship:

**PICK UNPAID OR PAID.** It's important to decide whether you can afford to work for free for two to four months. "If people are



DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

willing, it can be the foot in the door they need to break into an industry," says MacLean.

**EVALUATE YOUR LONG-TERM GOALS.** MacLean required a solid work project to base her thesis on, which was the point of her internship. "I needed an industry supervisor I could rely on and who would respect and appreciate the months of work I would be doing at their office and how my research would benefit them." The federal government co-op program met those needs.

**DO YOUR HOMEWORK.** While many programs help set up placements by offering their industry contacts, you have to do a lot of the legwork yourself. "I sent my résumé via email and arranged follow-up phone interviews," says MacLean.

— Jane Doucet

# EXPERIENCE WAR FIRST-HAND

## STUDY JOURNALISM IN CONFLICT ZONES AT ATHABASCA

Nothing can prepare a journalist for the real-life action of a live conflict zone like the Journalism in Conflict Zones practicum course offered through Athabasca University.

By spending more than two-weeks at the Canadian Manoeuvre Training Centre (CMTC) in Wainwright, Alta., students will get a taste for what it is like to cover a real conflict zone.

"Journalists would come (into a war zone) for a 10-day visit, and for the first five days, they'd be virtually in a daze. They'd have no idea what's going on," said Tom St. Denis, the AU adjunct professor and former Canadian Forces public affairs officer.

"So that's what we're trying to do: Equip journalists with a whole lot more knowledge and boots-on-the-ground experience in covering the military. They'll benefit, the military benefits, and the Canadian people benefit."

The 620-square-kilometre piece of land, called "the box," houses eight "villages" that have been constructed to simulate conditions in Afghanistan.

## BE PREPARED TO GET PHYSICAL

The Journalism in Conflict Zones course is open to journalism and communication studies students, recent grads and working journalists who are looking for a hands-on learning experience.

Applicants must be physically fit to attend the practicum, as they will be responsible for carrying their own gear through the difficult terrain.

The practicum runs twice a year.

Students of the practicum will learn to tell the stories that emerge out of the scenarios portrayed by the 200 civilian role players and 300 military ones.

They will have access to a number of ways of communicating the stories — they can either write, film, edit, be on camera, or take a turn being the news anchor.

Experienced war correspondents will be on hand to mentor students throughout the entire exercise. For more information about this practicum and the application requirements, visit [athabascau.ca](http://athabascau.ca).

— Candice Ward

— with files from Athabasca University

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# LEADERS OF THE PACK

ISTOCKPHOTO/THINKSTOCK

## UNIVERSITY OF ALBERTA HELPING DEVELOP NEW STRATEGIES

The Faculty of Extension at the University of Alberta offers the Supervisory Development Citation Program to help the leaders of today manage the new pressures placed on them.

"Immense global competition, the need to maximize output with fewer workers, and technological changes are some of the new pressures that exist for today's leaders. These issues are compounded by an influx of educated workers who prefer not to work under older management styles," says Jackie Lane, program co-ordinator, Business

Programs, Faculty of Extension, University of Alberta.

Lane says organizations need to develop new strategies and techniques to lead their employees.

This program has been around for more than 30 years and students learn the skills required to become effective leaders within their organizations.

"This program provides front-line leaders with the essential knowledge and skills required to be effective," says Lane.

Students of the SDC program will

receive the most up-to-date information available and learn core leadership skills, including communications, human relations, coaching/counselling, instruction skills and interviewing techniques.

They will also receive training in the critical performance areas such as interpersonal leadership, planning, organizing, evaluating, and standard setting.

"These courses are designed for business professionals from all sectors (government, industry, not-for-profit,

## 6 CORE COURSES

This program is composed of six core courses and one optional course. The core courses include: Principles of Supervision; Interpersonal Communications; Creating Effective Workgroups; The Supervisor as a Trainer; Interviewing Techniques for Supervisors; Supervisory Summation.

The optional courses are: The Law and the Supervisor & Supervising in the Union Environment.

or small to large enterprise) who are interested in enhancing or revitalizing their current knowledge, skills and expertise to increase their competitive edge, as well as contribute to the positive enrichment of their corporation's culture and operations," says Lane.

"The program is continually adapted to reflect changes and new developments in the theory and practice of supervision."

Students are recommended to take the Principles of Supervision as their first course but there are no prerequisites for the program.

Applications for the January 2012 intake of the SDC program are now being accepted.

For more information about this program, visit [extension.ualberta.ca/study/management/sd/](http://extension.ualberta.ca/study/management/sd/).

## FINGER ON THE PULSE

### ACADEMY OF LEARNING ADDS 2 NEW PROGRAMS

By examining the needs of the industry and listening to the demands of the students, the Academy of Learning has added two new full programs to its vast menu of course offerings.

"We're always keeping a finger on the pulse of what people want and what the labour market is looking for," says Brady Sylvester, admissions adviser at the Academy of Learning.

The Academy of Learning has now added Marketing Co-ordinator and Business Management and a new specialized course, Electronic Health Records (EHR), Billing and Coding.

Sylvester says people have been asking for the Marketing Co-ordinator program as they are looking for a career in a creative and exciting field.

He also says the Business Management program is for those

### OPEN HOUSE

For prospective students looking to learn more about the Academy of Learning, it will be hosting an open house Nov. 24 from 4-8 p.m. at all of its campuses.

who already have experience in fields like retail or hospitality, but would like to move ahead in those careers because they may be lacking in education or credentials.

People who have been hoping to add to their skill set or people looking to break into the medical field have also been asking for the addition of the EHR, Billing and Coding program.

Students can begin applying for these programs now, as intake is continuous.

By offering continuous intake, students are able to get started down their new career paths sooner, without worrying about wait lists or for the next semester.

For more information about these new programs, go to [academyoflearning.com](http://academyoflearning.com).

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# Youth bailout package needed

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONWS.CA



A September 2011 study by the BC Securities Commission has exposed an impending head-on collision that I've been warning about for years. The financial expectations of Canada's youth are on track to smash into their ever-diminishing financial reality.

The securities commission study surveyed over three thousand 17- to 20-year-olds across Canada.

They found that their expectations for the future were vastly different from current reality or what is most probably in the future.

Survey respondents expected to earn, on average, more than \$90,000 in 10 years time. Unfortunately,

**"The young are heading for financial disaster if we don't take action."**

ALISON'S MONEY RULE

25- to 30-year-olds with post-secondary degrees are now only averaging \$31,640.

These figures become even more ominous in the context of a recent Statistics Canada study showing that wages of those 20 to 34, across all levels of education, declined significantly in the 1980s and the trend has continued to present day, though at a lesser pace.

Now factor in unemployment for youth, which hovers in the 14 per cent range compared to the national rate of just over seven per cent, and the picture gets pretty bleak.

Adding menace to these statistics, over half of the 17- to 20-year-olds are already carrying an average of \$8,000 in debt from credit cards, lines of credit, student loans and family borrowing.

By the time they graduate, according to a 2010 Vanier Institute of the Family Study, that amount will have swollen to \$18,000 not including family debt or lines of credit.

And what about those debts? Almost half say they are setting aside money and

will "definitely" or "very likely" have them paid off in five years, while 25 per cent are doing nothing.

How likely is that these debts will be paid off in five years? Not likely based on a September 2009 survey by the Canadian Payroll Association, where two-thirds of

Canadians 18 to 34 reported they would be in trouble if their paycheck was delayed by only one week.

We simply can't afford to let a generation fail.

We must make every effort to reduce youth unemployment and help them avoid or pay down debt,

particularly student loans.

Since it is financial literacy month this isn't only a good goal, but also an essential one.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.



► Many young people are in debt and job-insecure.



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## HOLIDAY BUDGETING

### FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONWS.CA



Does holiday spending make you sweat? Don't fret — take 10 minutes and prepare a holiday budget.

Take five minutes to write down who you need to buy for and approximately how much you'd like to spend per person. Add it up.

If you're like the majority of Canadian households, your shopping list amounts to around \$1,000. Yikes!

Money is tight these days! So, take five more minutes and determine ways to cut back on your overall expenses. Reduce the number of presents.

Rather than buying individual presents for each niece and nephew, purchase a gift for the whole family like a board game or passes to see a movie. Better

yet, draw names for a family gift exchange; one present per person and limit the dollar value. Scrap gifts for colleagues and bake treats instead. Reduce the amount you spend per gift. Buy presents in bulk from discount or wholesale stores.

Make handmade crafts or baked gifts. Shop in advance and spread out your purchases. Monitor online coupon sites like Groupon. Scale down your purchase; buy a smaller set of wine glasses or ½ carat diamond versus a full carat.

Budget for meals and entertainment. Rather than preparing a holiday dinner on your own dime, host a potluck dinner instead. Use coupons and don't overbuy; a smaller turkey and veggie dishes are sufficient.

The holidays are about spending meaningful time with friends and family. Your thoughts and intentions are what count, not how much you spend.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONWS.CA

4  
sports

## Sports in brief



Joe Frazier, the former heavyweight champion who handed Muhammad Ali his first defeat yet had to live forever in his shadow, died last night after a brief final fight with liver cancer. He was 67.

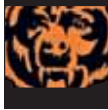

The family issued a release confirming the boxer's death.

Frazier, who took on Ali in three momentous fights in the 1970s — including the epic “Thrilla in Manila” — had been under home hospice care after being diagnosed just weeks ago with the cancer that took his life, a family friend said. Until then, Frazier had been doing regular autograph appearances, including one in Las Vegas in September.

THE ASSOCIATED PRESS

# Bears best reeling Eagles

► Chicago win puts so-called ‘dream team’ from Philadelphia in three-game hole in NFC East

30	24
	
BEARS	EAGLES

Matt Forte bounced back from two costly turnovers and Jay Cutler rallied the resilient Bears.

Cutler threw a go-ahead 5-yard touchdown pass to Earl Bennett in the fourth quarter. Forte ran for 133 yards and the Chicago Bears beat the Eagles 30-24 last night in Philadelphia.

It was a crushing loss for Michael Vick and the Eagles (3-5), who blew a fourth-quarter lead for the fourth time this season. Jeremy Maclin fell down and was tackled at the Bears 30 after a 9-yard catch on fourth-and-10 with just under two minutes left.

The defending NFC East champions trail the New York Giants (6-2) by three games.

Chicago (5-3) won its third-straight game, but remains third in the NFC North behind Green Bay (8-0) and Detroit (6-2).

LeSean McCoy's 33-yard touchdown run following Forte's second fumble gave the Eagles a 24-17 lead in the third quarter, the Bears answered with 13 straight points.

Robbie Gould kicked a 38-yard field goal to cut it to



► Bears quarterback Jay Cutler passes against Eagles linebacker Akeem Jordan last night.

24-20, and then Chicago's defence forced a punt after three plays.

The Bears drove 51 yards for the go-ahead score with Cutler tossing a 5-yard TD pass to Bennett over Asante Samuel for a 27-24 lead.

The Eagles reached the Bears 42 on their next drive. On fourth-and-six, punter Chas Henry bounced a pass to a wide-open Colt Anderson and

Chicago took over.

Henry spent a lot of time throwing passes to long snapper Jon Dorenbos on the sideline in the second quarter, presumably warming up for the fake punt. He got his chance and badly underthrew the pass.

The Bears took advantage. A pass interference penalty on Nnamdi Asomugha at the Eagles seven prolonged the drive. The

defence stiffened and Gould hit a 22-yarder to extend the lead to 30-24.

Trent Cole knocked the ball loose from Forte following a 6-yard run midway through the third quarter, and Mike Patterson recovered at the Bears 41. Forte was originally ruled down, but the play was overturned when the Eagles challenged.

Two plays later, McCoy

sprinted down the left side and into the end zone to score for the eighth-straight game, tying Hall of Famer Steve Van Buren's club record.

In a matchup featuring two of the game's best running backs, Forte outplayed McCoy except for the two fumbles.

McCoy had 71 yards rushing.

THE ASSOCIATED PRESS

## Crosby could be back this Friday

Sidney Crosby didn't say no.

He didn't say yes, either. But yesterday, the NHL's sidelined superstar said he could return from his 10-month concussion layoff as early as this weekend.

While the Penguins captain emphasized his status hasn't changed — and there is no target date for his long-anticipated return — he also said he isn't ruling out any game on the upcoming schedule.

Only a week ago, by

**“I’ll reiterate to you again, there is not a timetable or a date right now that we know and you don’t.”**

PENGUINS COACH DAN BYLSMA

contrast, he said there was no chance he would play last Thursday in San Jose or Saturday in Los Angeles. Pittsburgh is enjoying a five-day break before playing the Dallas Stars at home Friday and the Carolina Hurricanes on the road Saturday.

“That’s a possibility,” Crosby said of returning

Friday. “Just like however many games left there are (a possibility). ... I’d love it to be (Friday), but I would have loved it to be on the West Coast trip, too. There are a lot of different guesses but, like I said, everyone’s guesses are as good as mine.”

There is guesswork involved because nobody

seems to know for certain how much contact — or how little — Crosby must absorb during practice for his doctors to clear him to play for the first time since Jan. 5.

Crosby unexpectedly flew back to Pittsburgh from Los Angeles to meet Sunday with his concussion specialists, touching off talk that his return was imminent. However, he said he merely wanted to get the session out of the way so he could take part

in team-building activities yesterday and today.

Penguins coach Dan Bylsma also said nothing has changed. Crosby goes through all drills during practices with his teammates, then is evaluated periodically by those overseeing his recovery to see how he is progressing.

“I just tell them how I feel. That’s usually how it goes, giving feedback and letting them know how I’m feeling,” Crosby said.

THE CANADIAN PRESS



## NATIONAL HOCKEY LEAGUE

### EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	15	9	3	1	2	45	34	21	4-1-1-0	5-2-0-2	6-3-0-1	W1
d-Toronto	14	9	4	1	0	45	46	19	5-1-1-0	4-3-0-0	6-4-0-0	L1
d-Washington	12	9	3	0	0	48	33	18	6-0-0-0	3-3-0-0	7-3-0-0	L1
Philadelphia	14	8	4	1	1	58	44	18	4-3-1-1	4-1-0-0	5-4-0-1	W1
NY Rangers	13	7	3	1	2	35	28	17	4-1-0-1	3-2-1-1	7-2-0-1	W4
Buffalo	13	8	5	0	0	36	28	16	3-4-0-0	5-1-0-0	6-4-0-0	W2
Tampa Bay	14	7	5	0	2	44	46	16	4-1-0-0	3-4-0-2	6-3-0-1	W2
Florida	13	6	4	0	3	34	36	15	2-1-0-3	4-3-0-0	4-3-0-3	L3
Ottawa	15	7	7	0	1	45	55	15	5-3-0-1	2-4-0-0	6-3-0-1	L3
New Jersey	12	6	5	0	1	30	34	13	3-2-0-1	3-3-0-0	5-3-0-1	W2
Carolina	14	5	6	2	1	35	47	13	3-3-0-1	2-3-2-0	4-4-1-1	L2
Boston	13	6	7	0	0	40	30	12	4-5-0-0	2-2-0-0	5-5-0-0	W3
Montreal	13	5	6	1	1	34	36	12	2-3-1-1	3-3-0-0	4-4-1-1	L1
Winnipeg	14	5	7	1	1	35	45	12	2-2-0-0	3-5-1-1	4-4-1-1	L2
NY Islanders	12	4	6	1	1	25	35	10	4-3-1-0	0-3-0-1	3-5-1-1	L1

### WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	13	10	3	0	0	40	31	20	6-1-0-0	4-2-0-0	8-2-0-0	W3
d-Chicago	14	8	3	1	2	46	42	19	5-1-0-2	3-2-1-0	6-2-1-1	L2
d-Edmonton	13	8	3	0	2	30	22	18	5-1-0-1	3-2-0-1	7-2-0-1	L3
Minnesota	13	7	3	2	1	30	26	17	5-2-1-0	2-1-1-1	6-2-2-0	W4
Nashville	13	7	4	1	1	35	34	16	2-2-0-1	5-2-1-0	5-3-1-1	W2
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
San Jose	12	7	4	1	0	37	33	15	2-2-1-0	5-2-0-0	6-3-1-0	L1
Los Angeles	13	6	4	1	2	28	28	15	3-3-0-1	3-1-1-1	5-3-1-1	L4
Colorado	14	7	6	1	0	40	42	15	1-5-0-0	6-1-1-0	4-5-1-0	W1
Vancouver	15	7	7	0	1	45	44	15	3-2-0-1	4-5-0-0	5-5-0-0	W1
Detroit	12	6	5	1	0	29	39	13	4-2-1-0	3-3-0-0	4-5-1-0	W1
Calgary	13	6	6	1	0	30	32	13	3-3-1-0	3-3-0-0	5-4-1-0	W1
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
St. Louis	13	6	7	0	0	32	35	12	3-1-0-0	3-6-0-0	5-5-0-0	L1
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

#### Last night's results

Boston 6 N.Y. Islanders 2  
Los Angeles at San Jose

#### Sunday's results

Calgary 2 Colorado 1  
Vancouver 6 Chicago 2  
N.Y. Rangers 3 Winnipeg 0  
Dallas 5 Carolina 2  
Tampa Bay 4 Florida 3 (SO)

#### Tonight's games

##### All Times Eastern

Winnipeg at Buffalo, 7 p.m.  
Florida at Toronto, 7 p.m.  
Carolina at New Jersey, 7 p.m.  
Dallas at Washington, 7 p.m.  
Edmonton at Montreal, 7:30 p.m.  
Colorado at Detroit, 7:30 p.m.  
Chicago at St. Louis, 8 p.m.  
Minnesota at Calgary, 9 p.m.  
Nashville at Los Angeles, 10:30 p.m.

#### Tomorrow's games

N.Y. Rangers at Ottawa, 7:30 p.m.  
Philadelphia at Tampa Bay, 7:30 p.m.  
Nashville at Anaheim, 10 p.m.

#### Thursday's games

Edmonton at Boston, 7 p.m.  
Chicago at Columbus, 7 p.m.  
Toronto at St. Louis, 8 p.m.  
Florida at Winnipeg, 8:30 p.m.  
N.Y. Islanders at Colorado, 9 p.m.  
Montreal at Phoenix, 9 p.m.  
Vancouver at Los Angeles, 10:30 p.m.  
Minnesota at San Jose, 10:30 p.m.

### SCORING LEADERS

	G	A	PT
Kessel, Tor	10	11	21
Giroux, Pha	9	10	19
Backstrom, Wash	5	13	18
H.Sedin, Vcr	5	13	18

D.Sedin, Vcr	6	11	17
Lupul, Tor	8	8	16
Vanek, Buf	8	8	16
Kopitar, LA	7	9	16
Benn, Dal	5	11	16
Stamkos, TB	10	5	15
Pavelski, SJ	9	6	15
Eriksson, Dal	8	7	15
Jagr, Pha	6	9	15
Spezza, Ott	6	9	15
Pominville, Buf	5	10	15
P.Kane, Chi	4	11	15
Edler, Vcr	3	12	15
M.Bergerson, TB	2	13	15
Michalek, Ott	9	5	14
Neal, Pgh	9	5	14
Seguin, Bos	7	7	14
Skinner, Car	6	8	14
Ra.Whitney, Phx	6	8	14
Legwand, Nash	5	9	14
Selanne, Ana	5	9	14
St. Louis, TB	3	11	14
Gaborik, NYR	7	6	13
Ma.Hossa, Chi	7	6	13
Ovechkin, Wash	6	7	13
Versteeg, Fla	5	8	13
Karlsson, Ott	1	12	13
Letang, Pgh	1	12	13
Tavares, NYI	8	4	12
Nugent-Hopkins, Edm	6	6	12
Smyth, Edm	6	6	12
van Riemsdyk, Fla	6	6	12
T.Fleischmann, Fla	5	7	12
Hartnell, Pha	5	7	12
Purcell, TB	5	7	12
P.Sharp, Chi	5	7	12
Vrbata, Phx	5	7	12
Briere, Pha	4	8	12
Calgary, Mtl	4	8	12
Campbell, Fla	1	11	12

**Not including last night's games**

## HOCKEY

### CHL/RUSSIA SUPER SERIES

#### All Times Eastern

Last night's result  
At Victoriaville, Que.  
Russia 2 QMJHL 0  
Tomorrow's game  
At Quebec City  
Russia vs. QMJHL, 7 p.m.  
Thursday's game  
At Ottawa  
Russia vs. OHL, 7 p.m.  
Monday, Nov. 14  
At Sault Ste. Marie, Ont.  
Russia vs. OHL, 7 p.m.  
Wednesday, Nov. 16  
At Regina  
Russia vs. WHL, 8 p.m.  
Thursday, Nov. 17  
At Moose Jaw, Sask.  
Russia vs. WHL, 8 p.m.

## IIHF 2011 WORLD JUNIOR A CHALLENGE

#### At Langley, B.C.

### PRELIMINARY ROUND

#### All Times Eastern

Last night's results  
Canada East 3 Czech Republic 0  
U.S. vs. Sweden  
Tonight's games  
Czech Republic vs. Russia, 7 p.m.  
Sweden vs. Canada West, 10:30 p.m.  
Tomorrow's games  
Russia vs. Canada East, 7 p.m.  
Canada West vs. U.S., 10:30 p.m.

## IIHF 2012 WORLD JUNIOR CHAMPIONSHIP

### PRELIMINARY ROUND

#### Monday, Dec. 26

#### At Edmonton

Canada vs. Finland, 3:30 p.m.

U.S. vs. Denmark, 8 p.m.

#### At Calgary

Sweden vs. Latvia, 5:30 p.m.

Russia vs. Switzerland, 10 p.m.

#### Tuesday, Dec. 27

At Edmonton

Denmark vs. Czech Republic, 8 p.m.

#### At Calgary

Latvia vs. Slovakia, 10 p.m.

#### Wednesday, Dec. 28

#### At Edmonton

Finland vs. U.S., 3:30 p.m.

Czech Republic vs. Canada, 8 p.m.

#### At Calgary

Switzerland vs. Sweden, 5:30 p.m.

Slovakia vs. Russia, 10 p.m.

#### Thursday, Dec. 29

#### At Edmonton

Canada vs. Denmark, 8 p.m.

#### At Calgary

Russia vs. Latvia, 10 p.m.

#### Friday, Dec. 30

#### At Edmonton

Czech Republic vs. U.S., 3:30 p.m.

Denmark vs. Finland, 8 p.m.

#### At Calgary

Slovakia vs. Sweden, 5:30 p.m.

Latvia vs. Switzerland, 10 p.m.

#### Saturday, Dec. 31

#### At Edmonton

Finland vs. Czech Republic, 4 p.m.

U.S. vs. Canada, 8 p.m.

#### At Calgary

Switzerland vs. Slovakia, 6 p.m.

Sweden vs. Russia, 10 p.m.

## NFL

### WEEK NINE

### AMERICAN CONFERENCE

EAST		W	L	T	Pct	PF	PA
New England	5	3	0		.625	222	184
N.Y. Jets	5	3	0		.625	199	163
Buffalo	5	3	0		.625	222	174
Miami	1	7	0		.125	138	169
SOUTH		W	L	T	Pct	PF	PA
Houston	6	3	0		.667	236	157
Tennessee	4	4	0		.500	156	169
Jacksonville	2	6	0		.250	98	163
Indianapolis	0	9	0		.000	128	283
NORTH		W	L	T	Pct	PF	PA
Baltimore	6	2	0		.750	208	130
Cincinnati	6	2	0		.750	195	140
Pittsburgh	6	3	0		.667	196	162
Cleveland	3	5	0		.375	119	170

WEST		W	L	T	Pct	PF	PA
Kansas City	4	4	0		.500	131	201
San Diego	4	4	0		.500	199	204
Oakland	4	4	0		.500	184	216
Denver	3	5	0		.375	171	224

### NATIONAL CONFERENCE

EAST		W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0		.750	198	184
Dallas	4	4	0		.500	179	175
Philadelphia	3	5	0		.375	203	182
Washington	3	5	0		.375	127	158
SOUTH		W	L	T	Pct	PF	PA
New Orleans	6	3	0		.667	287	205
Atlanta	5	3	0		.625	189	170
Tampa Bay	4	4	0		.500	147	196
Carolina	2	6	0		.250	187	207
NORTH		W	L	T	Pct	PF	PA
Green Bay	8	0	0		1.000	275	179
Detroit	6	2	0		.750	239	147
Chicago	5	3	0		.625	200	174
Minnesota	2	6	0		.250	172	199

WEST		W	L	T	Pct	PF	PA
San Francisco	7	1	0		.875	206	118
Seattle	2	6	0		.250	122	185
Arizona	2	6	0		.250	162	196
St. Louis	1	7	0		.125	100	211

**Byes:** Carolina, Detroit, Jacksonville, Minnesota

#### Last night's result

Chicago 30 Philadelphia 24

#### Sunday's results

Dallas 23 Seattle 13

Miami 31 Kansas City 3

New Orleans 27 Tampa Bay 16

Houston 30 Cleveland 12

San Francisco 19 Washington 11

N.Y. Jets 27 Buffalo 11

Atlanta 31 Indianapolis 7

Denver 38 Oakland 24

Cincinnati 24 Tennessee 17

Green Bay 45 San Diego 38

Arizona 19 St. Louis 13 (OT)

N.Y. Giants 24 New England 20

Baltimore 23 Pittsburgh 20

### WEEK 10

#### All Times Eastern

#### Thursday, Nov. 10

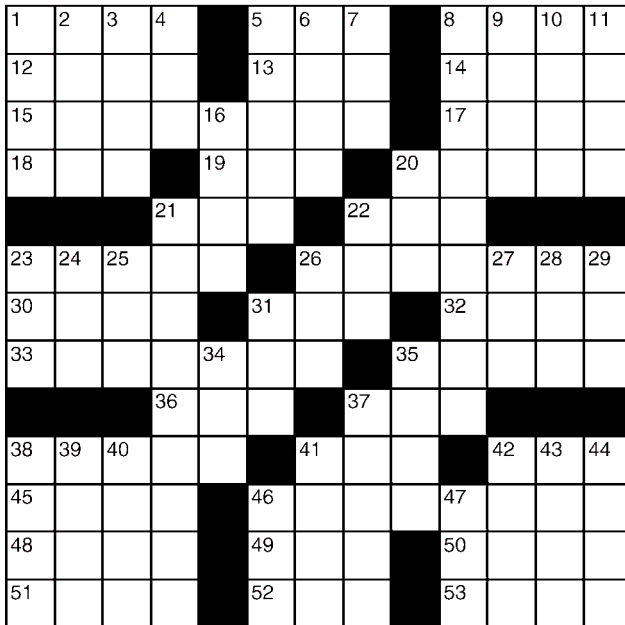
Oakland at San Diego, 8:20 p.m.

#### Sunday, Nov. 13

## Crossword

## Across

- 1 Chew at persistently  
5 Banned bug killer  
8 "American —"  
12 Architect Saarinen  
13 Rage  
14 Exploding star  
15 Outer  
17 Campus area, for short  
18 Pigpen  
19 Ovary  
20 Sullen and gruff  
21 Agent  
22 Luau side dish  
23 Undoes a dele  
26 Log  
30 Basin accessory  
31 Wicked  
32 Corn Belt state  
33 Army rank  
35 Moist in the morn  
36 "Just kidding!"  
37 Owns  
38 Festoons  
41 Petrol  
42 Blackbird  
45 Poetic foot  
46 Hellish  
48 Transport on Oscar night  
49 Trench  
50 Hoisted, nautically  
51 U.S. fort where gold is kept  
52 Donkey  
53 Cameo gem
- Down**  
1 The Bee —  
2 Adjacent (to)  
3 Bohemian  
4 Travail  
5 Having set-in stains



- 6 "La Cage aux Folles" costuming  
7 — Aviv  
8 Requests for information  
9 Gloomy  
10 Elliptical  
11 Country trio — Antebellum  
16 Dems' rivals  
20 Old French coin  
21 Case for storing valuables  
22 Pea holder  
23 Moment  
24 Pair

- 25 Moray, for one  
26 Tokyo-based carrier  
27 Affirmative action?  
28 Shock and —  
29 Legislation  
31 Wager  
34 Ph. bk. data  
35 Foundation  
37 Weapons' handles  
38 Luxurious fabric  
39 Large, heavy wagon  
40 Bullets et al.  
41 Wildebeests  
42 Unsigned (Abbr.)  
43 Almost black

- 44 Holly  
46 Glass of NPR  
47 Pi follower

## ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer ►

## A look at the weather

**TODAY**  
Min -4°  
Max 4°

**TOMORROW**  
Min -7°  
Max 2°

**THURSDAY**  
Min -4°  
Max 4°

Michele McDougall  
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM



## Today's horoscope

**♈ Aries March 21-April 20** You must get over the idea everyone you meet wants to cheat you. It isn't true.

**♉ Taurus April 21-May 21** You won't be able to hide your feelings from other people today, so don't even try.

**♊ Gemini May 22-June 21** Chances are most things can wait until tomorrow, if not the day after, so take it easy.

**♋ Cancer June 22-July 22** Make this the day of the week you take off to recharge your batteries. Tomorrow you'll fly.

**♌ Leo July 23-Aug. 23** Learn

what you can from what went before and then move purposefully towards the future.

**♍ Virgo Aug. 24- Sept. 22** Be wary of anyone who tries to encourage you to take unnecessary risks. What's in it for them?

**♎ Libra Sept. 23-Oct. 23** Someone will try to take something from you today, but they won't succeed.

**♏ Scorpio Oct. 24-Nov. 22** Be selective in what you do or a lot of your energy will be wasted.

**♐ Sagittarius Nov. 23-Dec. 21** Rivals and competitors seem determined to give you a hard

time. Keep telling yourself that you have what it takes to be the best and keep telling them that you refuse to play by their rules.

**♑ Capricorn Dec. 22-Jan. 20** Nothing in your life is set in stone.

**♒ Aquarius Jan. 21-Feb. 18** Control your desires, don't let them control you.

**♓ Pisces Feb. 19-March 20.** Focus on the big issues today. Don't allow yourself to be distracted by the little, everyday things that tend to take up far more time and energy than they are worth. **SALLY BROMPTON**

## Caption contest



**WIN! You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



"THIS SHELL IS DEFECTIVE, I CAN'T HEAR THE OCEAN"

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TELUS employees Surrender and Brenda serving at a soup kitchen.

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